

Revised Dietary Goals for Scotland

Introduction

1. The Scottish Government (SG) has revised the Scottish Dietary Goals (the Goals) upon the recommendation of the Food Standards Agency in Scotland (FSAS), which is responsible for nutrition advice in Scotland. The revised Goals are set out in **Table 1**. The Goals are based on science and evidence as set out in **Table 2**.

Purpose of the Goals

2. The Goals describe, in nutritional terms, the diet that will improve and support the health of the Scottish population. They are set at the Scottish population level. They indicate the direction of travel, and assist policy development to reduce the burden of obesity and diet-related disease in Scotland. They will continue to underpin diet and health policy in Scotland and will be used for scientific monitoring purposes.

Updating and replacing the 1996 Scottish Dietary Targets

3. The revised Goals replace the Scottish Dietary Targets, which were set in the 1996 Scottish Diet Action Plan¹. While the Targets have been reframed over time, there has been no substantive update until now. The Targets were renamed as Goals in the National Food and Drink Policy *Recipe for Success*², recognising that they should be strategic in nature. The Goals are one of the key indicators in measuring *Recipe for Success* progress.

Dietary changes over time

4. The Dietary Targets/ Dietary Goals have been monitored since 2001³ and, whilst there have been some small improvements in population level dietary intakes (increases in fruit and vegetable consumption and small decreases in non-milk extrinsic sugars (NMES⁴) and saturated fat), none of the Targets have been met.

¹ Eating for Health: A Diet Action Plan for Scotland, 1996
<http://www.scotland.gov.uk/Topics/Health/Healthy-Living/Food-Health/Eating>

² <http://www.scotland.gov.uk/Publications/2009/06/25133322/0>

³ Barton K and Wrieden W *Estimation of Food and Nutrient Intakes from Food Survey data in Scotland 2001-2009* (2012): Food Standards Agency in Scotland.

⁴ Masson et al, (2012) *Survey of diet among children in Scotland*: Food Standards Agency in Scotland

Consultation on the Goals

5. The FSAS and SG convened a panel of nutrition experts drawn from across the UK in May 2010 to review the evidence and advise on the revision of the Goals. The panel was of the opinion that Goals are essential and required to facilitate improvements in the Scottish diet. There was broad consensus for the revised goals as presented.

Surveillance and monitoring

6. The surveys that will be used to monitor each of the Goals are set out in **Table 2**. The publications commissioned by the FSAS to monitor the dietary intake of the Scottish population are set out in **Table 3**. The Goals will continue to be monitored by estimating dietary intakes and changes in body weight at a population level and in relation to the Scottish Index of Multiple Deprivation.

Nutrition resources for consumers

7. The Goals are not intended to be consumer-facing. Rather, they are intended as a strategic reference point for the organisations and stakeholders whose actions can influence our national diet. The eatwell plate is the resource recommended in Scotland, and across the UK, as the primary consumer-facing resource, showing the proportions of each of the food groups recommended to achieve a healthy balanced diet.

Scottish Government
May 2013

Table 1

Calories	A reduction in calorie intake by 120 kcal/person/day Average energy density of the diet to be lowered to 125 kcal/100g by reducing intake of high fat and/or sugary products and by replacing with starchy carbohydrates (e.g. bread, pasta, rice and potatoes), fruits and vegetables.
Fruit & Vegetables	Average intake of a variety of fruit and vegetables to reach at least 5 portions per person per day (> 400g per day)
Oily Fish	Oil rich fish consumption to increase to one portion per person (140g) per week
Red Meat	Average intake of red and processed meat to be pegged at around 70g per person per day Average intake of the very highest consumers of red and processed meat (90g per person per day) not to increase
Fats	Average intake of total fat to reduce to no more than 35% food energy Average intake in saturated fat to reduce to no more than 11% food energy Average intake of trans fatty acids to remain below 1% food energy
Sugar	Average intake of NMES ⁵ to reduce to less than 11% of food energy in children and adults
Salt	Average intake of salt to reduce to 6g per day
Fibre	An increase in average consumption of fibre ⁶ to increase to 18g/day by increasing consumption of wholegrains, pulses and vegetables

⁵ NMES (Non-Milk Extrinsic Sugars) are also known as added or free sugars and are found in sweets, biscuits, soft drinks, added to breakfast cereals, table sugar, honey and fruit juice. They are not in milk or integrally present in the cells of food such as fruit and vegetables

⁶ Non starch polysaccharide (NSP) as measured by Englyst method.

Revised Dietary Goals for Scotland – basis of recommendations & monitoring

Table 2

	Dietary Goal	Basis of recommendations	Monitoring change
Calories	Average calorie intake to decrease by 120 kcal/person/day	Preventing Overweight and Obesity in Scotland: A Route Map Towards Healthy Weight http://www.scotland.gov.uk/Resource/Doc/302783/0094795.pdf	Data on prevalence of overweight and obesity in from Scottish Health Survey Analysis of commercial data on total calories purchased.
	Average energy density of the diet to be lowered to 125 kcal/100g by reducing intake of high fat and/or sugary products and by replacing with starchy carbohydrates (e.g. bread, pasta, rice and potatoes), fruits and vegetables.	Preventing Overweight and Obesity in Scotland: A Route Map Towards Healthy Weight http://www.scotland.gov.uk/Resource/Doc/302783/0094795.pdf	Secondary analysis of Scottish data from the Living Costs and Food (LCF) module of the Integrated Household Survey
Fruit & Vegetables	Average intake of Fruit and Vegetables to reach at least 5 portions per person per day (> 400g per day)	http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx/Department of Health	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey
		Nutritional Aspects of the Development of Cancer. Report on health and social subjects 48. London: HMSO, 1998 World Health Organization. Diet, Nutrition and the Prevention of Chronic Diseases. Report of a Joint WHO/FAO Expert Consultation. Technical report series no 916. Geneva: 2003	
Oily Fish	Oil rich fish consumption to increase to one portion per person (140g) per week	Scientific Advisory Committee on Nutrition. Advice on fish consumption: benefits & risks. London: TSO, 2004	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey
Red Meat	Limit individual intake of red and processed meat to no more than 90g/day	SACN Iron and Health Report http://www.sacn.gov.uk/pdfs/sacn_iron_and_health_report_web.pdf	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey
	No increase in average intakes of		

red and processed meat

Fats	Average intake of total fat to reduce to no more than 35% food energy ⁷	Department of Health. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report on health and social subjects 41. London: HMSO, 1991	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey
	Average intake in saturated fat to reduce to no more than 11% food energy	Department of Health. Nutritional Aspects of Cardiovascular Disease. Report on health and social subjects 46. London: HMSO, 1994 World Health Organization. Diet, Nutrition and the Prevention of Chronic Diseases. Report of a Joint WHO/FAO Expert Consultation. Technical report series no 916. Geneva: 2003	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey
	No increase of trans fatty acids above 1% food energy	Scientific Advisory Committee on Nutrition. Update on trans fatty acids and health. London: TSO, 2007	National Diet and Nutrition Survey including the Scottish boost
Sugar	Average intake of NMES ⁸ to reduce to less than 11% of food energy in children and adults	Department of Health. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report on health and social subjects 41. London: HMSO, 1999	Population data: Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey Children: Children's dietary survey
Salt	Average intake of salt to reduce to 6g per day	Scientific Advisory Committee on Nutrition. Salt and Health. London: TSO, 2003	Urinary sodium survey
Fibre	An increase in average consumption of fibre (non-starch polysaccharide) to increase to 18g/day by increasing consumption of wholegrains, pulses and vegetables	Department of Health. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report on health and social subjects 41. London: HMSO, 1991	Secondary analysis of Scottish data from the LCF module of the Integrated Household Survey

⁷ All values as expressed as % food energy

⁸ NMES (Non-Milk Extrinsic Sugars) are also known as added or free sugars and are found in sweets, biscuits, soft drinks, added to breakfast cereals, table sugar, honey and fruit juice. They are not in milk or integrally present in the cells of food such as fruit and vegetables.

Table 3

Monitoring Dietary Intakes in Scotland - Reports Published to date by FSAS

Dietary Intake	
<p>Estimation of food and nutrient intakes from expenditure and food purchase data in Scotland (2001-2006) <i>Wrieden WL, Barton KL et al., (2010)</i></p>	<p>http://www.foodbase.org.uk//admintools/reports/documents/749-1-1278_S14035_Final.pdf</p>
<p>Estimation of Food and Nutrient Intakes from Food Survey data in Scotland 2001-2009 <i>Barton KL and Wrieden WL (2012)</i></p>	<p>http://www.foodbase.org.uk//admintools/reports/documents/749-1-1324_Final_Report_2001-2009.pdf</p>
Red Meat Intake	
<p>Estimation of red meat intakes from expenditure and food survey purchase data in the Scottish population <i>Barton KL and Wrieden WL (2010)</i></p>	<p>http://www.foodbase.org.uk//admintools/reports/documents/749-1-1279_S14035_Finalredmeat.pdf</p>
Energy Density	
<p>The Scottish diet: Estimation of Energy Density and Expenditure <i>Wrieden WL and Barton KL (2011)</i></p>	<p>http://www.foodbase.org.uk//admintools/reports/documents/749-1-1277_S14035_Energy_Density_Final_Report.pdf</p>
Children: Dietary Intake	
<p>Survey of sugar intake among children in Scotland (S14029) <i>Sheehy C et al., (2008)</i></p>	<p>http://www.foodbase.org.uk//admintools/reports/documents/607-1-1097_sugarintakescot2008rep.pdf</p>
<p>Survey of diet among children in Scotland (S424019) <i>Masson LF et al., (2012)</i></p>	<p>http://www.foodbase.org.uk/results.php?f_category_id=&f_report_id=777</p>
Salt Intake	
<p>A survey of 24 hour and spot urinary sodium and potassium excretion in a representative sample of the Scottish population (2006) <i>Natcen (2007)</i></p>	<p>http://www.foodbase.org.uk//admintools/reports/documents/654-1-1154_S14032_Revised.pdf</p>
<p>A survey of 24 hour urinary sodium excretion in a representative sample of the Scottish population as a measure of salt intake (2009/10) <i>Scotcen (2011)</i></p>	<p>http://www.foodbase.org.uk//admintools/reports/documents/681-1-1229_S14047.pdf</p>